



INCLUSION MEANS EVERYONE

YMCA PROJECT CORNERSTONE



Dear Families,

As your classroom volunteer, I had the pleasure of reading *Stand Tall, Molly Lou Melon* by Patty Lovell with your students this month. We enjoyed exploring how to be confident, embrace our unique selves, and respond positively to challenges. Continue the learning at home to help your children understand the power of "Accept You" and empower them to "stand tall"! Each month we will read a different book and learn about being UPstanders.

Warmly,

Your Project Cornerstone Volunteer

BOOK OF THE MONTH

Stand Tall, Molly Lou Melon by Patty Lovell is a delightful book that celebrates embracing your unique self and standing tall in the face of challenges. Through Molly Lou's adventures, children learn that being different is wonderful and that inner strength, combined with self-acceptance, can help them navigate difficult social situations. The story beautifully illustrates how Molly Lou's positive self-talk and unwavering confidence not only protect her from teasing but also inspire kindness in others. This lesson is all about empowering children to "Accept You" and build resilience.

SOCIAL EMOTIONAL SKILLS

The *Stand Tall, Molly Lou Melon* lesson is rich in Social Emotional Learning (SEL) skills, which are vital for your child's overall well-being and success. Through this book, your students learned to recognize their personal power and how to respond to "bucket-dipping" behaviors with self-confidence. They explored the importance of positive self-talk and how embracing their unique qualities builds strong self-esteem. Most importantly, by modeling acceptance and resilience, Molly Lou shows how individual actions can create a welcoming and inclusive environment for everyone. These skills are foundational for developing strong self-identity, responsible decision-making, and becoming compassionate UPstanders in their community.

AT HOME

You can continue the conversation about self-acceptance and resilience at home!

- **Boost Each Other Up:** At dinner, have each family member share one thing they like or admire about another family member. This celebrates individual strengths and fills buckets.
- **Wall of Fame:** Create a special place in your home to display items that family members are proud of (e.g., drawings, good grades, photos of accomplishments). Make sure there's space for everyone, including parents!
- **Your Cheering Section:** Talk about who is in your child's "cheering section" – adults or friends at school, in the neighborhood, or in the family who love and support them. Discuss how these caring adults help them stand tall. You can also share who is in *your* cheering section!
- **Practice Standing Tall:** Encourage your child to practice standing tall (shoulders back, head up, smile) and using confident body language and positive self-talk in daily situations.

RESOURCES

To keep the conversation about self-acceptance and confidence going, here are some additional books you might enjoy reading together:

- **For K-1:** *The Smart Cookie* by Jory John and Pete Oswald teaches children that intelligence and talent come in many unique forms, encouraging them to embrace their individuality and discover their own special way to shine.
- **For 2-3:** *Brianosaurus* by Ged Adamson explores finding who you are and the many forms of courage, including speaking up for yourself and others.
- **For 4-5:** *Restart* by Gordon Korman teaches children that every day offers a chance for a fresh start, exploring how a character, given a unique opportunity to redefine himself, learns from past mistakes and discovers who he truly wants to be.